

Concept Curriculum 2025-26

	CONCEPT CURRICULUM		
YEAR & FOCUS	Autumn	Spring	Summer
7 Personal Development	The Value of PE	Sporting Behaviour	Personal Goals
8 Health & Well-Being	Lifestyle Choices	A Balanced Diet	Fitness to Improve Health & Well-Being
9 Mental Health Awareness	RISE-Up The Mental Health Continuum	RISE-Up Body Scanning	RISE-Up Coping with Anxiety
10 Mental Health Awareness	RISE-Up The Mental Health Continuum	RISE-Up Creating Confidence	RISE-Up Worries as a Positive
11 Promoting Positive Mental Health & Lifelong Participation in Sport	RISE-Up The Mental Health Continuum	Healthy Habits - Sleep & Social Media The Value of PE & Club Links	

AHS PE Curriculum Intent: Ensure all students achieve their personal best whilst acquire the knowledge, skills & confidence to lead a healthy, happy & active lifestyle

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YEAR	Autumn	Spring	Summer
7	Benefits of PE. Warm-Up & Cool-Down 1) Definitions of health & well-being 2) Physical benefits of exercise & how they are achieved 3) Social benefits of exercise & how they are achieved 4) Mental benefits of exercise & how they are achieved 5) Benefits of an effective WU & CD	Sporting Behaviours 1) Deviance & sporting examples 2) Gamesmanship & sporting examples 3) Sportsmanship & sporting examples 4) Consequences of deviance and sportsmanship	SMART Targets & Motivation 1) How to set effective targets using specific, measurable, achievable, realistic & time-bound 2) Benefits of using SMART targets 3) Intrinsic & extrinsic motivation 4) Importance of self-resilience and work ethic
8	5 Lifestyle Choices & Impact 1) Diet 2) Activity Levels 3) Work, rest, sleep & exercise balance & their impact 4) Effects of alcohol on health & performance 5) Effects of smoking on health & performance	Balanced Diet, Energy Balance, Optimum Weight, Dietary Manipulation 1) 7 categories of a balanced diet and their roles 2) Understanding energy balance & optimum weight 3) 4 ways diet can be manipulation to improve performance - carbo-loading, protein synthesis, hydration, vascular shunting	COF, Principles, Methods, training zones 1) Understand the 11 components of fitness with sporting examples 2) Understand the 6 methods of training with sporting examples 3) Understand the importance of working within aerobic & anaerobic training zones & how to take HR
9	RISE-UP Programme The Mental Health Continuum	RISE-UP Programme Body Scanning	RISE-UP Programme Coping with Anxiety
10	RISE-UP Programme The Mental Health Continuum	RISE-UP Programme Creating Confidence	RISE-UP Programme Worries as a Positive
11	RISE-UP Programme The Mental Health Continuum	RISE-UP Programme Benefits of PE 1) Definitions of health & well-being 2) Physical benefits of exercise & how they are achieved 3) Social benefits of exercise & how they are achieved 4) Mental benefits of exercise & how they are achieved 5) School-club links and opportunities	RISE-UP Programme Healthy Habits - Sleep & Social Media

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